

A portrait of Samuel K. Biser, a middle-aged man with grey hair and glasses, smiling slightly. He is wearing a white shirt, a light-colored vest, and a dark jacket. The background is a natural setting with green foliage and a rocky wall.

**How I Saved Myself From Life-
Wrecking Plus Life-Ending
Diseases—After Top Natural
Methods Failed**

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Health Journalist

How I Saved Myself from Life-Wrecking plus Life-Ending Diseases —After Top Natural Methods Failed

Samuel K Biser, Health Journalist

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Chapter One

I'M A REBEL WITH A MISSION: TO SAVE YOU AND ME FROM ROUGH DISEASES WE COULD NOT CURE.

I HAVE WALKED IN YOUR SHOES and shivered in your boots. I know what it's like to have a condition that shows no mercy.

In the quiet of the night, something stole our loved ones—and took them to the Other Side. It was a gene which carried a cargo of deadly-disease. And now it's in our blood too.

To save you—to even begin to be qualified, I first HAD to be a rebel. Because when you're not, you believe what you're told. And you respect authority—too much. In your heart, you bow down, when instead...you should be raising your fist and saying, *"I'm sorry, but this is a bunch of nonsense."*

I respect only one authority on Earth, my Heavenly Father. To anyone else I humbly say, *"You might have all the answers, or you might not."*

And it's this attitude of defiance that gifted me with the BOLDNESS to look at research others overlooked—to see connections others could not see.

Yes, I admit it: I have the nerve (the chutzpah) to think—that I, a research journalist, not a doctor or white-robed scientist, might have insights that others express poorly—or not at all.

Only a rebel can venture out in the cold wind of uncertainty, when I could have stayed inside in the pleasing comfort of thoughts so many safely think—because they are widely APPROVED.

The heck with approval. Is any statement TRUE? Or is it keeping the sick sicker? My mission is to cure you of a genetic plague. Nothing else matters.

To begin with, I inherited more than one big disease. One was severe dementia. I didn't lose my mind, but it started happening.

I remember a period of six months when my mind was starting to go; it was worse than forgetting where I left my car keys. That never happened.

But what *was* happening more and more was being unable to recall the names of famous people, like singers and entertainers I had known all my life. Once, I tried to remember for two days what was the name of singer Barry Manilow. Then I had to use google to “remember.” Things like that were happening all the time.

I was terrified.

I got to work; it was hard, and now, all that is behind me and my memory for short and long term information is again perfect.

I got my dementia genes from my father, Dr. Erwin Biser, Ph.D.—a once-brilliant mathematician. He ended up with 24-hour a day nursing care. Dad used to correspond with Albert Einstein, the most famous scientist of all time. They first got acquainted in Germany and...

Einstein and my father eventually became scientific refugees from Nazi Germany. They got out just in time.

They eventually met at Professor Einstein's home in Princeton, N.J. and continued their relationship for many years.

Einstein was fascinated by the topic of ‘time.’ So was my Dad. Dad's many scientific papers (at top right), published in the journal ‘*Philosophy of Science*’ in January 1952, was titled, Postulates for Physical Time. It's the sort of thing he discussed with Professor Einstein during their visits together. I believe it's those “smart genes” I got from my

father that helped me be so good at health journalism. Thanks Dad.

To a lesser degree than Einstein, my Dad was also a pioneer.

He helped design complex aviation systems for our country's aircraft carriers. It was a new field of math and electronics called Avionics. Dad

was the Chief Avionics Scientist at the U.S. Army's base at Fort Monmouth, NJ for over 20 years. Like all scientists...

My Dad was proud of his ability to handle blackboards full of complex scientific equations. Well, as you'd expect, my Dad cherished the letters he received from Einstein addressed to "Herr Biser." And who wouldn't?

In the end, my Dad lost his great mind to the cruel eraser of severe dementia. His brilliance, like that of thousands with this disease, vanished into thin air.

As doctors from the University of Michigan say, "*Genetic factors are now recognized to play an important role in most age-related dementias.*"

I couldn't save him, because when my Dad was ill, I didn't know what to do. Now—with all the new information I've learned, there's so much that could have been done to help him. As for myself, I'm not worried anymore.

And from Dad and his Jewish genetic roots...

I got a big hit from Crohn's disease (severely ulcerated, inflamed colon).

Crohn's can kill, because your colon can rupture or you can get colon cancer. I was so ill, people didn't think I would make it.

POSTULATES FOR PHYSICAL TIME*

ERWIN BISER

I. Introduction

It is evident to every earnest thinker that a theory of time is in a very significant sense implicit in any philosophy of nature. Indeed, the search for a time standard independent of the variation of the earth's speed, the maximum variation being slightly more than one-thousandth of a second, involves the most basic concepts and principles of physical theory (8).

In attempting, however, to analyse the concept of time in physical theory, as well as in philosophy, one would find it difficult not to be haunted by that memorable and profound aphorism of St. Augustine: "If no one questions me, I know; if I would explain it to a questioner, I know not" (2). But surely it is not in a spirit of irreverence toward the saint-philosopher that we think it possible

4. *Symbolic Definition of Time.* We can symbolize our definition in the following way: " S_a " means " S_i is displaced into S_k "; " S_i " and " S_k " stand for the i -th and k -th states respectively. " $T(S_a)$ " means the temporal extension generated by and associated with the displacement " S_a ". Thus our definition would read:

" S is displaced" means " S_i is transformed into S_k " if and only if " $T(S_a)$ " is a temporal extension. It is symbolically expressed as follows:

Postulate Two: $i(S) = \text{Df. } S_a \leftrightarrow T(S_a) \text{ for } i \neq k$

Postulate Three: $T(S_a) = 0 \text{ for } i = k.$

I had this as a teenager—and for years afterward.

Happily, through some unheard-of discoveries, I was finally able to beat it and help others.

I also inherited a genetic time-bomb from my mother. At the instruction of her doctor...

She took large quantities of a drug called DES (diethyl-stilbestrol) during her pregnancy—to prevent miscarriage. That’s a drug later found to cause man-made genetic damage (and genital cancer), in the boys and girls whose Mom’s took it.

It also triggers cancer in THEIR children as well. And sure enough—

Off and on during my life, I’ve sometimes felt a sharp pain in my gut—and I go, “*Uh, Oh -- I hope that DES doesn’t end up killing me one day.*”

Minister ‘Secretly’ Helps Congregation with My Information

I was happy to speak with Reverend C., in New England, who secretly saves lives. How? He saves lives in his family, his congregation, his friends—by using all the information I’ve taught him...

I asked the Reverend, who’s been saving dozens of ‘I can’t believe I’m still here’ church members...

“Does disease frighten you?”

He answered so loud, my wife heard him over the other side of the room...

“NOT AT ALL. Not anymore.”

He told me, “We are merely witnesses to the fact that we are ‘fearfully and wonderfully made’ (Psalms 139:14, The Bible).” He said, “The Intelligence of the Creator is literally written all over our bodies—and our bodies will always respond if given half a chance.”

I asked the Minister, “Did you ever find my information elsewhere?”

He said flatly, “No. After years of searching, we still find that the Internet is not the answer, but your writings are.”

That DES also damaged my nervous system. As a child, I had to wear braces on my legs to walk. One doctor said, *"You have the gait of a person with Parkinson's."*

My biggest problem was catastrophic exhaustion — so severe it could have killed me, from heart failure or strokes.

It was so dangerous, I called it the Monster. It ate my life.

It made me want to end my life and go back to God.

For example, I was so exhausted that if I combed my hair, I had to take a nap to recover from the effort.

My heart was at times so weak, I didn't know if I'd still be alive when morning came. In spite of it all, I published a newsletter for readers often as sick as I was. But I kept my own illnesses to myself.

Once, when I went out to visit a business friend in another state, he was so concerned about me, he brought in a gifted massage therapist to work on me, because I had a hard time moving my arm above my head. She told him, *"This man is so stressed out, he could have a stroke at any moment."*

And later, that did happen, but God (and what I learned) rushed in and restored me, because I still have much to do, and so many to

How Plant Chemicals Can Repair Bad Genes. New Evidence.

Wait a minute, plants repair DNA damage, huh? Oh yea. Many plant chemicals have the power to fix errors in your DNA. In fact, one recent study was titled, "Prevention and repair of DNA damage by selected phytochemicals..."

As these scientists concluded, "Our results suggest these agents are chemopreventive (cancer-blocking)—by virtue of their ability to protect DNA—as well as to induce DNA repair."

Here's what's so exciting: various plant chemicals can cause what's called the 'acetylation' of DNA proteins. This changes what the gene can -- or cannot do. Now...that in turn affects your hormones, enzyme levels, cellular repair -- and what happens to your inherited disease.

You have much more control over your inherited disease than you ever thought—IF you choose to use it. Why wouldn't you?

save. Years after, I am truly stronger than ever, and still saving readers who won't make it without me.

At three times in my past, I have smelled the cancer odor all over me.

It is a sweetish, sickly odor you can't wash out of your clothes. I had to throw out all my clothes when I recovered.

All three bouts with cancer occurred when I was crushed by life events. It brought the bad genes out.

The first cancer event occurred when I was so lonely I could die. If I hadn't met someone shortly afterward, I think I would have blown up with cancer and died.

The third run-in with cancer was more serious. A healer told me I had liver cancer, and cancer all through my internal organs.

I knew he was right, because I felt so ill I couldn't go on. I was crushed by three tragedies, all happened at about the same time. I had a deep, lost dead

What a Top Government Scientific Evaluator Said About Sam Biser

Dr. Laurance Johnston, Ph.D. evaluated natural healing methods for the federal government. He has been a reader of mine for many years.

As part of his work, Dr. Johnston had to read hundreds and hundreds of books on alternative healing methods. He has been funded to research everything from the ancient wisdom of Eastern medicine to state-of-the-art stem cell technology.

He was the Director of the Division of Scientific Review, at the National Institute of Child Health and Human Development, in the National Institutes of Health.

As Dr. Johnston wrote, "First, Sam is an excellent, eloquent writer, often developing and expressing concepts in a subtle poetic fashion that seems to reflect a higher consciousness. Second, Sam talks about healing approaches that not only challenge the mainstream — as expected, but also the sacrosanct dogma passionately embraced by many of our alternative-medicine dictocrats."

"Sam does not hesitate to express higher-level healing themes, unlike many writers, including myself, who downplay concepts to make them more palatable to mainstream audiences."

Thank you Dr. Johnston.

look in my eyes. By the grace of God, I again recovered, because I had more work to do.

Thankfully, from what I've learned about stopping bad genes, all that is now in the past.

Out of all of these genetic woes came something wonderful for readers. It made me devote my life to helping people with similar or worse genetic problems. I get no kickbacks and no cuts—not from healers, not from supplement sellers—not from anyone.

Because of my original information and my freedom from commercial ties, I've quietly become a trusted legend in the field. My work has gone all over the world, saving the lives of readers—from North Pole, Alaska to the island of Pago Pago in the South Pacific.

Who I can help and who I cannot.

I can only help certain kinds of people. I hope it's you, but let's find out.

It depends on where you're coming from. Here's what it comes down to... I focus on little-known information about plant chemicals and pioneering natural methods. I am not about drugs and medical therapies for genetic issues.

If that's what you're interested in, I respectfully say to you: you will not like my material. I believe deeply in genetic discoveries of plant chemicals, information that's seriously-under-reported (or not reported at all) even in today's over-saturated information world.

Next, I'm a free-thinking journalist -- not a doctor or a big institution. I seek out people like myself: people who are also willing to go against common, accepted thinking whenever necessary.

I am willing to buck anyone to tell you what I learned in the last 40 years -- and what I feel God has told me. And I need to connect with people who are okay with that. If you are an independent spirit too, someone who LOVES to learn, hallelujah.

If that's you, we may end up being like long-lost brothers and sisters, because we think alike.

It's time to go to war, against dark illness which wants to take us out.
We will shut them down, with weapons previous generations did not have. If you are in great danger, I will arm you and you will win.

Chapter Two

WHICH HORRIBLE DISEASES CAN BE STOPPED, ONCE THEY START?

THAT IS THE FIRST QUESTION READERS HAVE. The answer is: many, not all. There are three separate factors that determine the answer in *your* case.

Number one is: What life history is involved? Is it a cancer, or is it a case of Down's syndrome, a disorder in which there is an extra or partial extra copy of chromosome 21.

Or is it progeria, a rare condition in which people age as rapidly as a flying cannonball? According to the National Library of Medicine, "*Hutchinson-Gilford progeria syndrome is a genetic condition characterized by the dramatic, rapid appearance of aging beginning in childhood.*"

Even in such tightly-controlled conditions, improvements are possible. No cures. Instead, meaningful life improvements that thrill the families.

For example, I spoke with a mother who got great results doing something for her Down's syndrome daughter (a rectal insertion of plant chemicals) to get strong compounds into her daughter fast.

The result: beautiful sleeps.

So it's about a bad gene. There's more. What *other* genes are involved?

Sometimes there can be a whole complex of factors. For example, what if you also inherited a bad history for your immune system? Or bad history for a weak heart as well. It's more rare when only a single aspect is the total cause.

Two souls could have the same symptoms or the same disease, with a different outcome. One may have strong supporting genes and another could have weakening genes.

Your Genes Know Your Distant Past, Because It Was Chemically-recorded.

What do your genes remember?

Things that happened long before you were born. Three generations or more.

A breathtaking scientific article was published that describes how that happens.¹ Here's what the scientists discovered:

Bad events affect you beyond your lifespan. The scientists used the phrase "ancestral programming."

This is blow-your-mind science. It's not just the stress of this life that your body is trying to cope with. *It's the stress of lives long past.*

¹ "The secret language of destiny: stress imprinting and transgenerational origins of disease." Zuccchi FC, Yao Y, Metz GA — *Frontiers in Genetics*. 2012 Jun 4;3:96.

A second factor that determines the extent of recovery is: what are (or have been), the conditions of the person's life?

If you had a lot of stress in childhood, your stress-response pattern could be altered for life.

Were you loved, or were you treated with disrespect, and told you were stupid and not as smart as other children?

Strong emotions affect genes and genes affect emotions.

For example, childhood mistreatment and early trauma change the genes in the front of the brain—throughout the lifespan—and into the next generation of infants as well.

This is a long tail of consequences.¹ Let me share with you what happened in my own family and you will see more clearly what I mean.

I believe this is what happened to me and my genes, because of a massacre that almost killed my Dad.

He grew up in a small town, Felshtin, in the breadbasket of Russia, called the Ukraine. It was like Kansas in the U.S. On February 18, 1919, a gang of armed assassins on horseback, called the Cossacks, rode their horses into town and slaughtered about 600 Jews. That included many of my father's family and friends.

It was murder-time in the countryside.

The shock of that trauma was blasted onto my father's genes—and later onto mine.

His mother made him lay motionless in a ditch for a whole day—covered in snow, to hide him from madmen with swords.

My Dad told me he remembered seeing a young orphan, who had been befriended, loved and taken in by one of his Jewish neighbors.

When the Cossacks walked by, another Jew was laying in a ditch not far from my father. He was also hiding.

The Hidden Script That Rules Our Lives.

What does a fetus feel?

Everything.

Famed psychologist Arthur Janov, Ph.D. says the period in the womb is so critical, it's "*the bidden script that rules our lives.*"

Life in the womb can create genetic changes that increase our chances of getting Alzheimer's, cancer and more—decades later, say Janov and others.

According to the Loma Linda School of Medicine, "Increasing evidence suggests that regulation of gene expression patterns (in the womb) has a crucial role in the developmental programming of adult disease." In other words, genes get altered in the womb—and you pay later. —*Drug Discovery Today*. 2011 Dec;16(23-24):1007-18.

¹ **Fixing Bad Childhoods with DNA Therapy:** "Lasting epigenetic influence of early-life adversity on the BDNF gene." Roth TL, Lubin FD, Funk AJ, Sweatt JD —*Biological Psychiatry*. 2009, 65:760-769. Scientists are wondering whether DNA intervention can fix early trauma.

The orphan shouted to the horsemen, “*Here’s a Jew over here you missed. Kill him.*” They slaughtered that man too.

My Dad told me something else: After the killings, the Cossacks turned the pigs loose into the streets to eat dead Jewish bodies.

In one case, these executioners cut off the head of a victim, threw it in a wicker basket, and defecated all over it.

My Dad survived and got uremic fever (acute kidney failure). To keep him from dying, his Mom pricked his forehead over and over with a sewing needle, to shock him back into this world.

For the rest of his life, my Dad was an angry man—angry for what was done unto him and his family. I can’t blame him. I think it ruined his life. I am so sorry Dad. No child should have to live through this.

I inherited his damaged genes, and his fear that at any time, a catastrophe could also happen to me.

I also got his depression and his anger (and his kidney problems). I had to work for years to cure it.

When I can, I use my inherited anger to fight against the injustice that others live through.

These inherited experiences can be a huge factor affecting the extent of *your* recovery. There is more to cover on this, and things you can do.

Another factor in your recovery: the drugs you were given where deep damage was not listed as a side-effect.

For example, the prescription drugs you took earlier in life can cause changes in how your body acts.²

These changes can last for long decades after you took the drug.

Imagine: drugs changing deep behavior.

This goes way beyond what we ever knew about drug side-effects.

2) “Epigenetic side-effects of common pharmaceuticals: A potential new field in medicine and pharmacology.” Csoka AB, Szyf M —*Medical Hypotheses*. Volume 73, Issue 5, November 2009.

Now we need to ask of doctors, “*How could this drug affect my genes?*” In the case of my mother (and me too), I believe drugs did bash our genes. Like a generation of women in the 1950’s...

My Mom was given large doses of the drug diethylstilbestrol (DES) to prevent miscarriage. In 1953, it was proven not to work. It’s use went on into the 1970’s, because science moves slowly.

DES did damage genes. It created genital cancers in the daughters of the women who used it—and in their sons too.

But it did something else, in the mothers.

It made them more prone to dark depression.

The pregnancy drug DES could have changed the genes that control the mind. It did in my Mom.

A drug called DES almost sent her to the grave. And me too.

The DES my Mom took could have created an epigenetic effect for the rest of her life. These epigenetic markers sit on top of the genes—like a rack on top of a car. They can control the genes sitting inside—like a switch on the outside of an appliance. For example...

Your genes can be risk factors for depression and post-traumatic stress syndrome.³

Yes, my Mom was depressed. She drank 8 to 10 cups of coffee a day to keep herself going—and she had severe grooves in her tongue. This was a sign of severe vitamin B-deficiency from too much stress, too much coffee—and not enough nutrition.

That’s why I was not really surprised to read a recent study about the psychological consequences of DES. Adults exposed to DES

³ **Genetic Stress Breakdown Tendency:** “Association of TPH1, TPH2, and 5HTTLPR with PTSD and depressive symptoms.” Goenjian AK, Bailey JN, Wailing DP, Steinberg AM, Schmidt D, Dandekar U, Noble EP. See *Journal of Affective Disorders*. 2012 Nov; 140(3):244-52.

in the womb were “twice as likely to have psychological disorders. Depressive episodes tend to be more frequent.” ⁴

The effect is stronger in women. The exposure in the womb “could lead to an increased risk of depression in adult life.” ⁵

I believe you can get these consequences, no matter when you took the DES—in utero or not. For me, the proof—

I think it pushed my Mom to the edge. (So sorry Mom.)

I remember when Mom threatened to commit suicide—and wanted her ashes placed under the big Magnolia tree in our backyard. She wasn’t kidding.

Life was hard. She dearly wanted to go Home.

At one point, we were so poor, we had to borrow money for food from someone else who was also on welfare.

I remember day after day eating white bread and sugar sandwiches. No money. Mom had reason to want to end it all.

I inherited this too. I’m aware of my own lifelong tendencies toward severe depression. I got Mom’s depression too.

I remember one person asking me in my mid-twenties, “*Don’t you ever smile?*” Fortunately, I do now.

It took time.

I have been in touch with one woman, a reader of mine, who is also a DES baby. All I can sum-up her story with is: decades of suffering. Long *after* the drug has left the body. The damaged genes remain.

Yet there is vast hope, because of what I will introduce to you shortly.

⁴ “Psychological consequences of DES exposure in utero.” [No authors listed] —*Prescrire International*. 2011 Nov;20(1):264-6.

⁵ “Diethylstilbestrol exposure in utero and depression in women.” O’Reilly EJ, Mirzaei F, Forman MR, Ascherio A. —*American Journal of Epidemiology*. 2010 Apr 15;171(8):876-82.

Life can damage genes. For generations to come.

There are other secret breeding grounds of bad genes. Another one is the experiences your parents lived through.

Till recently, scientists believed genetic changes took hundreds of thousands or millions of years. Not so.

They happen fast. Whether you're a child or an adult.

Know this: *DNA is not made out of steel.*

It is a living thing. And all living things are affected by—and altered by, the process of life itself.

DNA is not immune from life. Life is reflected onto it.

Emotional experiences get attached to genes, like nails embedded into a piece of wood.

As hard as this may be to accept, what you emotionally experience *deeply* makes a dent in your genes. For a long, long time. Science says so.

Yet just HOW long does that affect last?

My answer: How big is the tail of a comet? Longer than long.

According to the evidence, for generations.

One recent scientific journal on epigenetic change from Columbia University in New York City used the word “transgenerational.”⁶

What happened to your ancestors has hitch-hiked a ride through space and time—and it lives physically in you.

Sounds like science fiction, but it's ever so true.

It almost seems like the old TV show *The Twilight Zone*, where the bizarre becomes real.

So if your ancestors were machinists back in Germany—and couldn't wait to get their hands on a fine tool and work with their hands, or

⁶ “Epigenetic mechanisms and the transgenerational effects of maternal care.” Champagne FA. —*Frontiers in Neuroendocrinology*. 2008 Jun;29(3):386-97.

if they were opera singers in Italy who felt joy when they sang on stage—some feeling, some *something* of that may now be inside you.

In fact, this is where life-experiences from your mother's good (or rotten) care of you—or things from the *who-can-remember-past*—can walk through a time tunnel—into your present-day era.

So what's going on inside of you really is...

Shadows of sunsets long gone.

A final factor in your recovery: Your will—not your genes.

Sometimes the person with a stronger will and a worse case gets well.

And a person with a far milder case doesn't make it.

Never rule out the power of the soul.

I remember one reader, a middle-aged woman in the Provo, Utah area. She had last-stage pancreatic cancer. Her doctor had lost 35 out of his last 35 cases.

He told her: "*Go home and spend what little is left of your time with your family.*" She did go home, but she didn't prepare for the funeral, but to live. She worked relentlessly at programs I have taught readers.

She recovered and over ten years has now elapsed since she got well.

Yes, the severity of your case is certainly one factor.

It is definitely *not* the only one.

Chapter Three

NEW SCIENCE TO STOP YOUR DEEP DISEASE

BRAND-NEW DISCOVERIES HAVE BEEN MADE...a number of them within the last 12 months—and they could absolutely change your physical life...if you used them.

Science moves on—and what was impossible yesterday—becomes possible today. And that's how the suffering get saved.

As we all know, your genes are Mighty—but as Science has newly-discovered, they are not ALL-Mighty. Not like you think. Here's why...

All throughout the day, your body is receiving messages from your genes -- “Make this protein, or create that hormone,” and on and on, endlessly. *But something else is happening*—and it gives you a LOT of curing power you never knew you had. It goes like this...

Your body is also sending chemical commands—and critical information—back into your genes. It's a two-way conversation: Genes to body, body to genes. Now...if you could strengthen your body chemistry, you could send the CORRECT COMMANDS, and that could...

...Alter your life and possibly save it—if it needed saving. And if you take the right steps to improve your body chemistry -- you can

send the right CHEMICAL COMMANDS to your genes. This gives you the power to...

- **BLOCK an inherited disease gene** -- and PREVENT a disease other members of your family already had. Or you could...

- **STOP an active disease gene in its tracks** -- and start curing an inherited disease that's already making you ill. I'll explain the proof to you today.

For now, please know the following:

IF you do nothing, yes, in that case, your body can indeed become a SLAVE to your genes. However, on the other hand...

IF you take the right steps to CHANGE your body chemistry, then -- in many cases, you can become the MASTER of your genes, not their servant.

And that's what brand-new science is saying, from top universities world-wide. For example...

Doctors at Harvard Medical School wrote, “*The old ideas that genes are ‘set in stone’ has been DISPROVEN.*” What this means to you is...

Don't Bow Down Before Genes. I'll give you what Harvard said, in their EXACT words. Then I'll translate into everyday English. First is Harvard...

“Like the software in a computer's operating system, the epigenome determines which functions the genetic ‘hardware’ does—and does not perform.” Now comes the translation that's so important to you—

Genes are your hardware -- like the hardware in your cell phone or computer. And what's more, sitting ON TOP of your genes is something called the Epi-Gene or Epi-genome (*Epi means above*). These are the ON-OFF switches for your disease genes.

It's cellular material that acts like Software. And it's been well-proven that...

SOFTWARE controls HARDWARE.

It's the BOSS.

So let's discover how to use your body Software (your Epi-Genes) to control your Hardware (your Genes)—to save your life. Because for the first time in medical history, you have power...more than you knew.

Know this one fact:

These breakthroughs are like a harvest ready for you now -- as in Today. Unknown to many folks, we have *already entered* the new era of genetic healing. TIME magazine agrees. Because...in a lead article, they wrote:

"Epi-genetics: Why Your Genes are NOT Your Destiny." They said, "The potential is staggering. Be assured: the age of epi-genetics has arrived." So now the super-big question is...

What could possibly be STRONG enough to turn OFF an inherited disease gene? The Answer: Not what you think.

The answer is unexpected.

First of all, you might guess—from listening to news reports, that the answer is synthetic genetic drugs. Hopefully, drugs could target the bad genes. And sure, scientists are working on that. But much more work is needed, and here's the issue—

When you're messing with genes -- with new synthetic compounds never-before-seen in Nature, you could easily affect other genes you never intended to touch. Stuff can happen. A ripple effect. New diseases. Things no-one could see coming. As a result...

It's not surprising that the concern is...unpredictable side-effects. Just what kind of side-effects? Well ---

- Gene drugs "*can potentially switch on HUNDREDS OF GENES in healthy cells*, including known oncogenes (cancer-causing genes). These drugs could "*cure one kind of cancer but cause another*," says a medical report in Science magazine.

As a result, here's the good genetic conclusion no-one saw coming...

It came down to plant chemicals vs. genes. In fact, a team of genetic researchers came right out and said (in the journal *Chemical Research in Toxicology*):

"Many natural products have the potential to be used as better epi-drugs than synthetic drugs."

To begin with, everyone already knows that some ordinary foods contain gene-blocking, anti-cancer chemicals.

For example, it's commonly-known that there's chemicals called sulforaphane in broccoli -- and the organo-sulfur compounds in foods like garlic and onions—that block bad gene activity. This is just the tip of the iceberg... because there's far more powerful gene-stopping compounds found in nature.

But how could plant chemicals possibly be strong enough to handle inherited disease genes??? Well they are, for example...

- DID YOU KNOW THAT THE NATIONAL INSTITUTES OF HEALTH is now pouring \$190 million dollars into researching what they call 'bio-active plant compounds.' That's because BLOCKING disease genes—with natural plant chemicals—will help save so many people.
- ONE PLANT CHEMICAL, FOR EXAMPLE, IS BEING USED AS AN "HDAC -- a histone deacetylase inhibitor." This is an exciting new class of gene-targeted anti-cancer agents -- for solid and blood tumors.
- SCIENTISTS ARE USING PLANT CHEMICALS AGAINST CANCER GENES. One journal reported that: "Regulation of anti-tumor gene functions by polyphenols [plant chemicals] *has gained immense recognition—from the point of view of both efficacy and safety.*" —says the medical journal *Frontiers of Bioscience* (Scholar Edition).

The biggest surprise of all: Genetics and plant science came together -- they got 'married.' The result: Big, blow-you-over discoveries -- the

kind that come along once or twice in a lifetime. I haven't calmed down yet, because folks...

It's an honest-to-God natural healing revolution—*Genetic Miracles* with plant chemicals.

You're probably thinking, "*What can I do with this stuff NOW—to cure myself today?*"

That's exactly what I asked, for me and my readers. So I went to work and found..

Practical help in blocking and stopping bad genes.

As wonderful as this new research is, it often takes decades to pay out. And with my genes, I HAD to have answers NOW, not twenty years from now.

This was personal.

Fortunately, I also inherited something good from my father. It was the ability to solve extremely-difficult problems and to NEVER give up—until I located answers somehow, somewhere. And I did... for all of us.

I learned this: The chemicals in various plants -- when used in original ways, can do things to stop bad genes that frankly, seem unbelievable—unless you've seen the science and watched them work. I HAVE; that's why I'm so excited.

Many people thought plant chemicals were not strong enough to cure serious inherited disease.

And that can be true, if you use them IN-CORRECTLY.

Lots of readers took their plant medicine in capsules for years -- and to their shock, they just got sicker and sicker.

But if you use them the right ways, they are— strong enough.

To my reader's great surprise, when they tried new methods, they saw plant chemicals do things...

...that had never happened for them before.

Chapter Four

PRACTICAL HELP TO JUMP-START YOUR CURE.

Today, I want to give you a simple way to help protect the essence of your body. This is a great first step.

I will introduce you to a home Gene Repair Formula you can use to help block and stop disease genes.

You need this help, because your DNA gets damaged every day -- it's part of life.

On top of that, if you have constant inflammation (and many people do), then you also have DNA damage. The two go together. A damaged immune system means damaged DNA.

A recent report by doctors from Yale University and Pennsylvania University made this clear:

*"A common link between inflammation and repair is DNA damage."*¹

When your body is overwhelmed by inflammatory stress, wastes build-up. You are flooding your system with toxic by-products of your own metabolism.

The end result: you overload your DNA repair systems.

¹ "Interplay between DNA repair and inflammation, and the link to cancer." Dawit Kidane, Wook Jin Chae, Jennifer Czocho, Kristin A. Eckert, Peter M. Glazer, Alfred L.M. Bothwell, and Joann B. Sweasy. — *Critical Reviews in Biochemistry and Molecular Biology*. 2014 Mar-Apr;49(2):116-139.

In addition, you may have genetic defects in your ability to repair your own DNA. And when you're chronically inflamed, you can get new mutations in the repair genes that replace sections of bad DNA.

The Gene Repair Formula in this report reduces the stress on you—and your DNA.

For you, this formula can be an immune savior.

The Gene Repair Formula contains five ingredients. This report focuses on one of them.

All these five ingredients matter. To get you started, I am introducing you to a single one of them.

It is capsaicin from hot peppers.

My philosophy: It is more important to master a few plant chemicals, than to know dozens of plants and herbs—yet have no deep knowledge of how to use any of them.

Later, in coming emails, I will explain the other herbal ingredients in the formula. They do matter.

Today, let's start by learning more about hot peppers.

In other words, let's go deep, not wide.

This formula leads to genetic level improvements in the top inherited killer diseases.

These killer diseases are...

- 1) FAST-ACTING CANCERS (including breast, prostate and colon),
- 2) HEART DEGENERATIONS (strokes, heart muscle failure, heart attacks)
- 3) NERVOUS SYSTEM BREAKDOWNS that destroy the quality of human life, and can kill you (if not stopped).

4) DEMENTIA AND ALZHEIMER'S that remove a person from this world. What you can do right now for real-world right-away improvements you can *see*.

More on stopping these inherited diseases in a moment.

The formula contains a key ingredient that deactivates dangerous DNA. It is one of many. Here's how it works...

You see, we all have a blessed gene called the "Guardian Angel Gene." This is well-known to scientists.

It protects you from super-aggressive cancers (and does lots more). That's because the Guardian Angel Gene steps in to shut-down unregulated growth. That's what cancer is.

TP53 is a master DNA Repair Gene.

It can put a body cell in suspended animation, so that repair crews can fix the damage—BEFORE the damaged cell is allowed to duplicate.

Know this, my readers: You need this TP53 gene working correctly to save your life.

Take heed of the following conclusion from a medical journal. This little piece of DNA knowledge can save your life—if you know what to do about it. And through my instructions, you will know what to do. Here it is...

Scientists reported: "*The TP53 tumor suppressor gene (TP53) is mutated more often in human cancers than any other gene yet reported.*"

² TP53 means tumor protein 53.

What the scientists are saying is that: This major gene can easily go south—and fail to protect you.

When this chunk of DNA goes defective, it is called "Mutant." The holy gene goes from being an Angel into a Demon—a curse.

Those chunks of defective DNA turn into rabid-dog cancer-promoters. They have to be destroyed. They have to be 'put-down.'

In addition, the correct form of the Guardian Angel gene has to be re-activated.

This is urgent.

It's critical to saving your life.

What can reactivate this gene?

² The report was titled, "TP53 and disease: when the guardian angel fails." Royds, JA, Iacopetta B. —*Cell Death & Differentiation*. 2006 Jun;13(6):1017-26.

A chemical called capsaicin, one of the critical ingredients in hot peppers. The capsaicin induced a natural process called autophagy.

Autophagy is when cells digest pieces of themselves that are not needed—or worse, are defective.

It occurs when cells are stressed.

This new research was reported in a journal most people don't read. It is called the *Journal of Experimental and Clinical Cancer Research*. The team of four scientists said (this is so important, please read it twice),

“These findings demonstrate for the first time that capsaicin *may reduce mutant p53* (Guardian Angel Gene) levels... and the *P53 re-activation contributes to capsaicin-induced cell-death*.”

Defective Guardian Angel Genes are destroyed. The natural wholesome Guardian Angel Gene makes a comeback, and then terminates the cancer.

In plain English, the capsaicin triggers the death of the cancer cells. It also makes your normal cells more healthy.

Get this: we are using a natural compound as a genetic drug.

Why would we do that?

Well, because, as these scientists powerfully stated...

“Phytochemicals are...inexpensive and generally non-toxic. This gives them an advantage with respect to pharmaceutical drugs. These are indiscriminately toxic for patients undergoing therapy and show side-effects and drug resistance.”

If you think plant chemicals are weak, welcome to my world, the world of advanced research.

Capsaicin is just one part of this formula.

The whole formula is full of bio-active gene regulators.

Now—the essential thing for you: how to make it today. And I'm about to tell you.

This formula is just a start. It can help many different conditions. Try it and see what it does for yours. Here's a story that happened to a friend of ours.

COLON CANCER: It hit one of our friends. We had to jump in and help.

This wasn't a supposedly lesser cancer—as if ANY cancer could possibly be considered “minor.”

It was colon cancer, which... unknown to many people, is the 3rd leading cause of cancer death in women... as well as men.

The phone call came—as most do—out of the blue.

It was an elderly friend, who's so independent, she wouldn't dream of asking *anyone* for help—unless her life depended on it.

And this time, it did.

She's never been sick—really sick—a day in her life. Then she noticed a change in her bowel movements—trouble going. She went to her doctor, they ran the tests, and then the shocker...

What a Holy Man Told Me

I never knew he was there, because he stayed silent... as Holy Men often do.

For almost 40 years (since the 1970's and unknown to me), he was quietly watching, listening ...reading everything I wrote. When it was time, he finally spoke.

My reader, Dr. W., was a monk...and a master healer too. He had all kinds of medical and natural healing degrees—and wisdom. So what he said carries a lot of weight.

Like many of my readers, the monk had everything I published. But then he just read my new writings on genes. He then said he wanted my new knowledge on gene-healing to be taught at “*open-minded Medical, Dental and Naturopathic schools, as most students and patients,*” he said, “*are only getting parts of the truth. Most schools don't have a clue as to why we heal, and why we get ill.*” He got that right. What he meant was...

Ignore genes—and you've only got half a loaf—not the Big Picture you need... to stop or cure diseases that run in your family. As Monk W. also told me: “In spite of all my degrees, I still felt... I knew only pieces of the pie. I still must admit your information always has me saying, ‘Aha, WOW, so *THAT'S* the real reason why *THIS* works, and that doesn't.’”

Thank you Monk.

Stage 3 Colon Cancer. Just like that.

Their recommendation: major surgery now. A colon bag for the rest of her life.

She must have scared her doctor when she said, *“No way. I’ve lived a good life—and if this is it, this is it. But no colon bag. No operation.”*

She was as determined as an ox and as stubborn as a mule—not to lose her gut.

So instead, she called us and asked, *“Can you help me?”*

Fortunately, we were “ready” for the call. We didn’t have to research it. There was no time anyway. Cancer doesn’t always “wait” for you to research it.

One pollutant that triggered her colon cancer may have been her late husband’s constant smoking.

We all know by now the dangers of second-hand smoke. This friend got tons of it from her smoker husband.

What she and others don’t realize is that pollutants like that can damage your DNA.

When you damage your DNA (cause mutations), you can make it harder for your body to control... cancer and cancer stem cells.

For example, scientists found mutations involved with colon cancer. In fact, “Mutations in the K-ras genes predict poor patient prognosis in colorectal cancer...”³

In addition, “Mutant p53 test animals are highly prone to inflammation-associated colorectal cancer.”⁴

³ “The prognostic significance of K-ras, p53, and APC mutations in colorectal carcinoma.” A Conlin, G Smith, FA Carey, CR Wolf, RJC Steele. —*Gut*. 2005;54:1283-1286.

⁴ “Mutant P53 Prolongs Nf-kB Activation and Promotes Chronic Inflammation and Inflammation-Associated Colorectal Cancer.” Tomer Cooks, Ioannis S. Pateras, Ohad Tarcic, Hilla Solomon, Aaron J. Schetter, Sylvia Wilder, Guillermina Lozano, Eli Pikarsky, Tim Forshew, Nitzan Rozenfeld, Noam Harpaz,

In other words, mutated genes (not always your diet) can make you more prone to inflammation in your colon, and then cancer.

But you can beat your DNA, when you know how.

Pollution can damage your DNA in three days, according to an article in the National Geographic News.⁵

Happily, hot pepper helped chemically-block the cancer in our friend's body—says a study proving this in the prestigious medical journal *Cancer Letter*.

In their highly-technical language, scientists said this plant compound, called capsaicin...

“inhibits gastric carcinogenesis by altering the tumor forming related gene expression.” (in street English: it blocks the bad gene)⁶

Finally, more proof appeared. The *Journal of Nutritional Biochemistry* said this herbal chemical had anti-cancer activity in human colo-rectal cancer cells. Well, it sure the heck does, because...

Our friend's doctor had her in constantly for check-ups. His eyes opened wide as he told her...

“Something's going on, because the tumor seems to be shrinking and pulling away from the colon wall.”

As soon as our friend heard that from her doctor, she knew she was on her way to a complete cure.

Steven Itzkowitz, Curtis C. Harris, Varda Rotter, Vassilis G. Gorgoulis, Moshe Oren.—*Cancer Cell*. 13 May 2013;23(5):634-646.

5 “Pollution Can Change Your DNA in 3 Days, Study Suggests,” by Ker Than. —*National Geographic News*. Thursday, October 28, 2010.

6 “Effects of capsaicin on induction of c-jun proto-oncogene expression in Fisher-344 rats by N-methyl-N'-nitro-N-nitrosoguanidine.” Kim JM, Kim JD, YU R, Kim BS, Shin MK, Han IS. —*Cancer Letter*. 1999 Aug 3;142(2):155–160.

End of story: This woman lived eleven years more and no surgery was ever needed. Maybe her recovery is not typical and maybe it was spontaneous remission. I don't know.

I think she was lucky: She was a cayenne nut, and didn't do much else. That could have been a tragic mistake. She was a real stubborn person, and we were lucky to get her to do even that.

In addition, she may have had better genes than most people. She grew up on a farm in rural Kansas—no pollution, no modern refined food, walking miles a day to school. Her husband's smoking may have damaged her genes, but she started off with great ones, and I think that helped her.

In short, I love cayenne and the other ingredients in this formula. But one formula is not a complete program. It's a start, and for some people, a life-giving miracle.

What kinds of cancer can capsaicin in peppers help?

To my knowledge, most of them. For example...

Capsaicin suppresses leukemia cells.

But it does not harm normal bone marrow cells. Again, that's because capsaicin targets genetically defective cancer cells. Not normal tissues.

Consider capsaicin to be chemotherapy with plant chemicals.

Capsaicin inhibits adult T-cell leukemia cells.⁷

So if you have leukemia or other cancers, use the capsaicin in hot peppers to save yourself.

Genetic DEFECT in Cancer Cells:

How to use it to get cured.

Cancer cells have a family secret. They are ashamed of it. Because if you ever found out, you wouldn't think of them as all-mighty. You would lose some of your fear. So these beastly cells have got to keep this family secret under wraps. *Continued on page 34.*

⁷ "Capsaicin inhibits growth of adult T-cell leukemia cells." Zhang J, Nagasaki M, Tanala Y, Morikawa S. —*Leukemia Research*. 2003 Mar;27(3):275-83.



Genetic Cures from Plant Chemicals? Oh yes. Hot peppers and four other bioactive ingredients in the following formula do indeed create changes in DNA. For example, our own National Cancer Institute published a report saying, *“More Than Spice: Capsaicin in Hot Cbili Peppers Makes Tumor Cells Commit Suicide.”* It does this by attacking a genetic weakness in cancer cells.

It's a genetic defect they can't change. What is it?

As ferocious as they are, cancer cells can't handle the capsaicin in cayenne pepper. *They HATE the stuff.* It kills them. Within 2 hours, the core of a cancer cell begins to disintegrate. I've seen the electron microscope photographs of dying cancer cells. They swell up. Then they croak—like a cockroach who's gone belly-up.

But cancer cells have one request for me: don't tell anyone. It's a secret—between one cancer cell and another.

Here's the best part: *ordinary cells don't have this defect.* As a result, they thrive on hot pepper. How do we know this is so?

Well, according to internationally-known cancer researcher, Dr. Timothy Bates, of Nobel prize-winning Nottingham University...

"This is incredibly exciting—and may explain why people living in countries like Mexico and India, who traditionally eat a diet which is very spicy, tend to have *lower incidences of many cancers* that are prevalent in the western world."

Why are cancers so scared of cayenne?

Because for them, it's like chemical warfare. Those capsaicin molecules go into cancer cells and do what's called "depolarization."

They mount an attack on a cancer cell's energy-producing nuclear-reactor core.

That energy core is called the mitochondria.

And what does depolarization of the mitochondria mean?

It means the equivalent of short-circuit.

Capsaicin destroys the electrical charge in the mitochondria.

No energy from the mitochondria means no power for the cancer cell. It can't reproduce. No metastasis. No anything. Capsaicin does something else too. It decreases their oxygen consumption. They can't breathe. Suffocation.

Cancer's genetic defect was discovered on two of the most aggressive cancer cells: lung cancer and pancreatic cancer.

**For a cancer cell, capsaicin really is like chemical warfare.
Yet normal cells grin.**

Because capsaicin stimulates them. They don't have the mutated defective genes that a cancer cell does. That's why Dr. Bates said:

“As these compounds attack the very heart of the tumour cells, we believe that we have in effect discovered a fundamental ‘Achilles heel’ for all cancers.”⁸

This discovery was made in Britain. And it's been confirmed in America. Our own National Cancer Institute published a report saying, “*More Than Spice: Capsaicin in Hot Chili Peppers Makes Tumor Cells Commit Suicide.*”⁹ In other words, cayenne doesn't just irritate cancer cells. It kills them dead. And you live.

Breast and prostate cancers. Domination over bad genes.

The coming Gene Repair Formula contains capsaicin from hot peppers. It has these effects in two breast and prostate cancers. As we all know, these can be inherited. Here is some good news.

Researchers said capsaicin had a potential role in “treatment and prevention” of two big types of breast cancer. These are cancer types that have poor outcomes. We know what that means.

Those two gene-triggered breast cancers are called HER-2 and EGFR. Capsaicin's ability against these two cancer types means a lot.

Once breast cancer goes into a relapse or a metastasis, your odds drop down. Unless you use capsaicin.

8 “Vanilloid receptor agonists and antagonists are mitochondrial inhibitors: how vanilloids cause non-vanilloid receptor mediated cell death.” Athanasiou A, Smith PA, Vakilpour S, Kumaran NM, Turner AE, Bagiokou D, Layfield R, Ray DE, Westwell AD, Alexander SP, Kendall DA, Lobo DN, Watson SA, Lophatanon A, Muir KA, Guo DA, Bates TE. —*Biochemical and Biophysical Research Communications*. 2007 Mar 2;354(1):50-55.

9 “More than spice: capsaicin in hot chilli peppers makes tumor cells commit suicide.” Surh YJ. —*Journal of the National Cancer Institute*. 2002 Sep 4;94(17):1263-1265.

Researchers learned something big for breast cancer victims: This is for breast cancer in general, at any stage. As they said,

“Capsaicin... may therefore help to overcome resistance in the early or *advanced states* of human breast cancer.”¹⁰

This formula I am giving you is not a program against breast cancer. But it contains powerful plant chemicals that you’d be darn foolish to ignore. As I said, I consider capsaicin to be gene TP53’s best friend.

Breast Cancer: The BRCA Genes, where do they fit in?

The famous BRCA genes are DNA defender genes.

So is TP53.

They both protect your nuclear material -- your information core.

When you help TP53, you are also helping the BRCA gene. That’s because they’re on the same team (the DDS -- the DNA Defense System), doing similar jobs.

You are lessening your genetic-damage.

BRCA genes protect against serious DNA errors. When these errors pile up in the breast, you can get breast cancer.

As you would now expect, there is a strong connection between BRCA mutations and mutated TP53. When you find one defect (BRCA defects)—you often find the other, a mutation in TP53.¹¹

The great news: Capsaicin in hot peppers is able to cause breast cancer cell death. How? One way is by blocking DNA signalling pathways that cancer and normal cells use.

These are called the Notch signalling pathways. Why do Notch signals matter?

Because Notch signals are important to the growth of any organism.

¹⁰ Same as prior reference.

¹¹ “Exome sequencing of osteosarcoma reveals mutation signatures reminiscent of BRCA deficiency.” Kovac M, Blattmann C, Ribi S, Smida J, Mueller NS, Engert F, Castro-Giner F, et al. —*Nature Communications*, 2015 Dec;6:8940

They are important to your development, from an embryo to a full-featured adult. But when growth and development signals go crazy, you get abnormal growth. That's what cancer is.

In many cancers, these signals are all screwed-up. The scientific word for screwed-up is dysregulated. For the first time, it was shown that capsaicin increases the death of core breast cancer cells. It does this by normalizing DNA Notch signals. It's like a bad phone line that gets fixed.¹²

Again, a plant compound is correcting DNA. It's genetic therapy.

A Miracle: Capsaicin Helps Your Guardian Angel Gene.

Capsaicin and your Guardian Angel Gene (TP53) are best friends. Capsaicin increases the power of Guardian Angel Gene TP53.

It doubles its lifespan in your body.

It allows your body to accumulate more TP53.

That's why I call them best friends. It is a miracle, how plant chemicals and good genes are a team.

One group of researchers talked about the “*important role TP53 plays in capsaicin's anti-tumor activity.*”¹³

One thing that TP53 does to halt cancer is this: It controls what's called cell cycle arrest. Basically, it's like an army checkpoint for cancer cells. The body, with the help of TP53, senses genetic damage.

So TP53 orders the cancer cell: “*Terminate your duplication. It's over. You are defective. You may not proceed. Your journey is over.*” That's one reason why TP53 is that important to your life. Because cancer cells must be ordered to stop all growth.

¹² “Quantum dot nanoprobe-based high-content monitoring of notch pathway inhibition of breast cancer stem cell by capsaicin.” Shim Y, Song JM. — *Molecular and Cellular Probes*. 2015 Dec;29(6):376-81.

¹³ “Capsaicin mediates cell cycle arrest and apoptosis in human colon cancer cells via stabilizing and activating TP53.” Jin J, Lin G, Huang H, Xu D, Yu H, Ma X, Zhu L, Ma D, Jiang H. — *International Journal of Biological Sciences*. 2014 Feb 21;10(3):285-95.

Cell cycle arrest is like a police taser to an armed criminal: Stop. Drop your gun. Do not move.

It's the only language cancer cells understand. Force.

Now you can understand more deeply: By using capsaicin in hot pepper (as part of this formula), you can create *Life Miracles*.

Prostate cancer: Shutting it down with enough capsaicin.

Androgen-independent prostate cancer.

Over in Los Angeles, the famed Cedars-Sinai Medical Center discovered how great capsaicin is.

Capsaicin caused the death of therapy-resistant, androgen-independent prostate cancer cells. Therapy-resistant cells are the worst of the worst. Capsaicin was stronger.

"*The tumours shrank, while, in the non-treated, they just grow*," said Dr. Soren Lehmann, a visiting scientist at Cedars-Sinai Medical Center and the UCLA School of Medicine.

Tumor size was reduced by about 80%.¹⁴

Who wouldn't have a smile on them with these kinds of possibilities.

Stopping metastasis: How large a dose needed?

Here's what doctors did.

In the Cedars-Sinai study on therapy-resistant prostate cancer, the researchers used the equivalent of about eight fresh habanero peppers—three times a week.

These are the orange lanterns, the hottest you can get.

Dementia and Alzheimer's:

Let the capsaicin in this formula help save you.

Your brain screams for blood.

¹⁴ "Capsaicin, a component of red peppers, inhibits the growth of androgen-independent, TP53 mutant prostate cancer cells." Mori A, Lehmann S, O'Kelly J, Kumagai T, Desmond JC, Pervan M, McBride WH, Kizaki M, Koeffler HP.—*Cancer Research*. 2006 Mar 15;66(6):3222-9.

Your brain needs blood so badly, that blood drop alone can cause Alzheimer's. Two doctors from the University of California say this: loss of blood flow is the cause of Alzheimer's—and nerve damage is the result. Here are their insightful words:

“Alzheimer's disease is a vascular disorder with neuro-degenerative consequences—rather than a neuro-degenerative disorder with vascular consequences.”¹⁵

Sum-up: When blood goes down, brain goes down.

Let cayenne pepper, alone or in this coming formula, to turn your brain on.

Another top blood expert says: “A reduction in blood flow precedes the decline in function in Alzheimer's disease.”—says Berislav Zlokovic, M.D., Ph.D. at the University of Rochester.

Capsaicin activates nerve cell centers (TPRV₁ receptors). Neuro-proteins are released. And arteries open wide. This is new research from world-famous, Nobel-prize winning Nottingham University.¹⁶

Therefore, I would use hot pepper in any Dementia/Alzheimer's case. It wakes up the brain. Blood flows. Brain centers get fed. Possibly for the first time in years. People now have a chance to come back.

Plant chemical magic for Hearts:

Move blood fast, before it's too late. Here's how...

This information regenerates failing hearts.

The formula I am about to give in this report definitely heals hearts that are in trouble.

Yet sometimes, you have to save your heart before you can have time to regenerate it.

¹⁵ “Evidence that Alzheimer's disease is a microvascular disorder: the role of constitutive nitric oxide.” de la Tore JC, Stefano GB. —*Brain Research Brain Research Reviews*. 2000 Dec;34(3):119-36.

¹⁶ “Vaso-relaxation to capsaicin and its effects on calcium influx in arteries.” Hopps JJ, Dunn WR, Randall MD, Cardiovascular Research Group, School of Biomedical Sciences, University of Nottingham Medical School. —*European Journal of Pharmacology*. 2012 Apr 15;681(1-3):88-93.

When 911 arrives, they re-start the heart with a defibrillator.

What you don't know is this: you can restart a loved ones heart—*within seconds after the cardiac arrest*, with a common plant used correctly.

Why would you wait till help arrives? Because blood flow to the brain goes to zero when the heart stops.

Get one thing straight: Cardiac arrest is not a disease. It *is* death. The immediate antidote to this death crisis is a plant chemical anyone can use. It is safe, but more important, it is FAST. It goes from no-effect to major effect in three seconds, says everyone who has used it.

Readers go, “*Ob my God, my head is opening-up.*” Well, that's more blood—and it's happening at the speed of nerve transmission. And when that happens, lives are saved, even before the folks at 911 have time to rev-up the engine in their ambulance.

This plant chemical affects nerve receptors in your tongue, called TRPV₁ nerve receptors. The end-result: BLOOD-FLOW.

These nerves receptors—which every single person has—are genetically-coded to respond to chemicals called “vanilloids.” (Sounds like vanilla, but it's not.) Of major importance to you:

Capsaicin in hot peppers belongs to the vanilloid group of chemicals. When capsaicin hits the TRPV₁ nerve receptors, it's an inevitable chemical reaction.

Blood shoots up to the brain.

Hearts get saved. They keep going and they get healed.

The stopped heart wakes up—and starts beating again.

It's plant chemical defibrillation.

It's built-in to your body's genes by Nature—to keep you here in a crisis. Capsaicin is the plant chemical that can defibrillate your heart.

It's in common hot peppers, along with one hundred other plant compounds—all in a single grocery-store spice.¹⁷

¹⁷ **Nerve-power Drops Blood Fats:** New research shows that activation of the nerve channel TRPV₁ by capsaicin (in hot pepper) lowers blood fats. More cholesterol was pumped out of the cells. “Activation of TRPV₁ reduces vascular lipid

When you use cayenne pepper correctly, it contacts the TRPV₁ nerve receptors on your tongue. What do I mean by using cayenne correctly?

Through the mouth.

Not with capsules that explode in the stomach. Through the mouth is key. Do not bypass the nerves in your mouth. Because they send signals to all of your body.

Heart Salvation: It's like turning a key inside a genetic lock. The cure opens—instantly.

Do this right and people say, “My face flushed with blood. My chest feels warm.”

It sure does, because, as a recent medical study in the *European Journal of Pharmacology* showed—

“Capsaicin can induce *vaso-relaxation* of isolated blood vessels.”¹⁸

That's why this formula is so important for people with endangered hearts. Carry it everywhere with you in a small bottle.

Consider it a LIFE-FORCE ACTIVATOR.

Instantly, heart attacks are stopped, as blood flow is quickly restored. A reader is saved.

One 68 year-old widow, a reader of mine, was so stressed-out from her husband's passing that she was in danger herself. She told me, “My blood pressure was so high I was in stroke city.”

Then it happened, not a stroke, but a heart attack—on two different occasions.

accumulation and attenuates atherosclerosis.” Ligun Ma, Jian Zhong, Zhigang Zhao, Zhidan Luo et al. —*Cardiovascular Research*, 2011 Dec 1;92(3):504-13.

¹⁸ “Vaso-relaxation to capsaicin and its effects on calcium influx in arteries.” Hopps JJ, Dunn WR, Randall MD —*European Journal of Pharmacology*, 2012 Apr 15;681(1-3):88-93.

Both times, she followed my advice (on using cayenne pepper) and pulled right out of it.

She said, “*Your advice saved me from two heart attacks as sure as God made little green apples.*”

She did not die. She should have.

Woman saves companion from almost fatal heart attack— with Tabasco sauce!

This reader, Virginia from Meridian, Mississippi, is an 83 year-old woman who actually runs a small rest home for elderly people.

One of her invalids was having a heart attack late in the night. She said, “I could see she was dying. I held her and she died in my arms.

“I kept putting the drops (Tabasco sauce) to her tongue. It was all I had. The nurse’s aid got mad at me for using the hot sauce and not calling for help.

“The nurse said to me, ‘*Dammit, can’t you see she’s dead. Call the funeral home.*’” The lady she was holding revived and lived two more years.

My reader Virginia carries cayenne under her bra, so she always has it with her in case she ever needs it. Who knew you could save life with a common condiment! Now you do.

Virginia was a real joy to talk to—so feisty. She is a real character, more like a teenager than an old person.

When strokes occur, take the whole Gene Repair formula— have it made in advance.

Dissolve stroke-causing clots by using the Gene Repair Formula.

Again, I urge you: If you are prone to a stroke, carry a small bottle of it wherever you go, in your pocketbook or the glove compartment of your car.

Even if you are not prone, if you are over 65, carry it with you anyway. You may need it to save someone else.

The formula contains capsaicin from hot peppers.

This is a medical-grade formula for stopping strokes, even after they have started.

One paper was titled: “*Effects of capsaicin on coagulation: Will this be the new blood thinner?*”¹⁹

Furthermore, cayenne may reduce the tendency of your blood to form clots. Capsaicin (active ingredient in cayenne) inhibited the clumping of blood platelets.²⁰

Less clots. Faster-dissolved clots.

Here’s a stroke case report I got from a reader who used the Gene Repair Formula. He told me,

“I became my own accidental volunteer, while driving my brother-in-law from Los Angeles to Miami. About 50 miles past Tallahassee, I started having all the symptoms of a stroke.

“The right side of my face, arm, and body started numbing up, I started getting dizzy and incoherent, and I began to hyperventilate. But I had already made a few gallons of ‘The Formula,’ and had a dropper-bottle in my pocket.”

19 “Effects of capsaicin on coagulation: Will this be the new blood thinner?” Jolayemi Adebayo Taiwo Ezekiel, Ojewole John Akanni Oluwole. —*Clinical Medical Research*. 2014;3(5):145-149.

20 “Vanilloid-like agents inhibit aggregation of human platelets.” Almaghrabi SY, Geraghty DP, Ahuja KD, Adams MJ — *Thrombosis Research* 2014 Aug;134(2):412-7.

Antidote to Too Much Hot Pepper. Important!

It’s calcium. Calcium can quickly shut down disturbing burning or throat and stomach panic almost instantly. It’s like throwing an off switch.

Mexicans have always known this.

That’s why they eat hot chili garnished with sour cream. Here is why it works...

Hot pepper (the capsaicin in it) activates a nerve pathway called TPRV1. This is a calcium-activated pathway. It responds to calcium.

If you have what feels like a pepper emergency, take some form of calcium immediately. You can use powdered calcium such as calcium citrate, or even powdered milk. Or yogurt, sour cream, cream or milk. It doesn’t matter what form of calcium. Just always have some kind of ready calcium—as a buffer.

This always works if you get unwanted pepper in your eye or on your skin (anywhere). Block the burn or the throat-grab—with calcium.

Finally, I have seen three people in 40 years have a reaction, because red hot pepper is a nightshade plant. Substitute 3 times as much black pepper.

“We were in no-man’s-land, 50 miles from any hospital, but I managed to grab my bottle, and squirt two dropperfuls in my mouth...120 SECONDS later, BOOM...no more numbness, my head and speech was clear, and my breathing was back to normal.”

Nervous system diseases: This Gene Repair Formula can take your body closer to a cure, for this reason...

Because it seriously helps your immune system.

Neuro-degenerative conditions are also immune diseases. You cannot separate the two systems.

They are Siamese twins. If the immune system is off, so are the nerves.

One medical report said, “The immune system is inextricably linked with many neurodegenerative diseases, including amyotrophic lateral sclerosis (ALS.)” ²¹

In that condition (ALS), your own immune cells can become “*progressively harmful to motor neurons.*”

Motor neurons are the long nerves that move your arms and legs. Your immune system can attack these body-moving nerves.

In addition, there is now evidence that immune system attacks (you against you) play a role in Parkinson’s disease. Capsaicin (from hot peppers) or the entire Gene Repair Formula, may help.

More news on Parkinson’s, and it may apply to other nerve degenerations...

This formula I am presenting on page 47 may help cure Parkinson’s, because of the ginger in the formula. Experiments show a component of ginger, 6-Shogaol, protects the neurons that produce dopamine. This is a life-and-death nerve transmitter that Parkinson’s patients lack.

²¹ “Disease origin and progression in amyotrophic lateral sclerosis: an immunology perspective.” Malaspina A, Puentes F, Amor S. —*International Immunology*. 2015 Mar;27(3):117-29.

The effect of the ginger was “significant.”²² In the formula with the other ingredients, it would be even more effective. If I had Parkinson’s, I would take it.

To fix your nervous system, you must treat your immune system.

If you ignore your immune system, you may not be able to get well.

As a neurologist informed me: “Overall, the body contains one hundred trillion cells. One trillion of those cells are the immune system. By contrast, your central nervous system, for all its importance, has only one-tenth as many cells.”

Why so many immune cells?

Because immune cells are used for the regulation of the brain and nervous system. Your immune system and your nervous system are as intertwined as strands of DNA. Fix one, fix the other.

Researcher Sandra Amor and her colleagues wrote that nerve diseases get triggered in different ways. Yet in spite of that, the end result is always...

...“chronic immune activation.”²³

That means your immune system is always on. That is like...

An alarm bell that won’t go off. When that happens—

You are wearing out. This constant crisis fries all body systems.

Nerves break.

How nerves break and where they break determines what kind of Nervous System Disease you get.

22 “6-Shogaol, an active compound of ginger, protects dopaminergic neurons in Parkinson’s disease models via anti-neuroinflammation.” Park G, Kim HG, Ju MS, Ha SK, Park Y, Kim SY, Oh MS. —*Acta Pharmacologica Sinica* (official journal of the Chinese Pharmacological Society. 2013 Sep;34(9):1131-9.

23 “Inflammation in neurodegenerative diseases.” Sandra Amor, Fabiola Puente, David Baker, and Paul van der Valk. —*Immunology*. 2010 Feb; 129(2):154-169.

The good news: Cayenne appears to have a role in autoimmune diseases. That includes nerve diseases too.

How does capsaicin affect you?

Through your nerves.

Capsaicin acts on nerve channels known as TRPV₁.

These nerve channels “*have been shown to play a pivotal role in inflammation and immunity.*”²⁴

A team of scientists reported their breakthrough with these words:

“Some like it hot: the emerging role of spicy food (capsaicin) in autoimmune disease.”²⁵

In addition, a recent report funded by the National Institutes of Health, basically said:

People in Asia who consume lots of spices—have much less neurodegenerative diseases than we do.²⁶

The nerve channels (TPRV₁) that cayenne pepper (capsaicin) hits affect nerve transmissions from your head to your feet. In addition, these nerve receptors (the TPRV₁) are found all throughout your immune system. I am already hearing the first reports from readers.

I heard from a reader who helped her ALS.

She did a much more complex program (much more than capsaicin from pepper), and she wrote:

“I was recently diagnosed with ALS. My doctors offered little hope. In the beginning it was difficult to swallow.

²⁴ “TRPV₁ Channels in Immune Cells and Hematological Malignancies.” Omari SA, Adams MJ, Geraghty DP. — *Advances in Pharmacology*. 2017;79:173-19.

²⁵ “Some like it hot: The emerging role of spicy food (capsaicin) in autoimmune diseases.” Yaxiong Deng, Xin Huang, Haijing Wu, Ming Zhao, Qianjin Lu, Eitan Israeli, Shani Dahan, Miri Blank, Yehuda Shoenfeld. — *Autoimmunity Reviews*, Volume 15, Issue 5, May 2016, Pages 451-456.

²⁶ “Neuroprotection by Spice-Derived Nutraceuticals: You Are What You Eat!” Kannappan R, Gupta SC et al. — *Molecular Neurobiology*. Oct 2011;44(2) 142-159.

After 30 days, my neurologist saw significant improvement in my cognition (and overall condition).

“He told me to continue with the program. I am doing better, and the disease seemed to have stopped its progression.” A week after this email, I heard from Dorothy again, with even more good news. She said, “My swallowing is improved and I think my speech is better. I will keep in touch and let you know how I do.”

This is exciting news. I will let you know as I learn more about ALS.

I call the following formula “the Gene Repair Formula,” because that’s what it seems to do.

Because of its genetic abilities, it seems to lift readers in deep trouble. The longer you use it, the more happens. You will see.

The good news for you: this formula is easy to make.

1 part: fresh-chopped WHITE ONIONS,
or the hottest onions available.

1 part: fresh-chopped GARLIC CLOVES

1 part: fresh-grated GINGER ROOT

1 part: fresh-grated HORSERADISH ROOT

1 part: fresh-chopped CAYENNE PEPPERS or the hottest peppers available. I use the orange lanterns, the Scotch Bonnets.

A “part” is any unit of measurement you like. It could be a tablespoon, or a half cup or anything bigger.

If you have a hard time finding any of these particular herbs in your local health food store or grocery, try asking the produce manager for a special order, and if this doesn’t work, look for them in an ethnic area of your town, such as Asian, Indian, Southern European,

South American, etc. . . where people use these herbs in their everyday cooking.

My suggestions: pre-chop the ginger and the horseradish root and soak in apple cider vinegar overnight. This will make it much easier on the motor of any blender you use. After this, you add the remaining softer ingredients such as white onion and garlic, and cayenne pepper.

Put everything in a blender with apple cider vinegar to cover it all.

You can use it right away, but I prefer to let it sit at least overnight.

Filter the mixture through a fine sieve or cheesecloth, bottle and label.

It's now finished. The Gene Repair Formula is ready. It's activated and has all the power it needs to save you. It will keep a year or more. I prefer to refrigerate it, but it may not be necessary.

Remember that all the herbs and vegetables should be fresh, and use dried herbs only in an emergency.

Dosage: 1 teaspoon 3 times daily to 1 tablespoon every 1/2 hour, for a serious condition.

A single dose is a half to one full ounce.

Another way to use this: You take an ounce, you gargle with it thoroughly. Get it all over the right side and the left side and the tonsils and deep in the throat. Then, you let it slide down your throat, not a swallow, just let it slide down slowly.

Here's what this Gene Repair formula did for a man dying in a hospice.

This is a case told to me by one of my long-term readers, a 64-year old long-distance truck driver in California. Here is what he told me about the power of what I'm recommending to you.

"My best friend is a professional caretaker of 30 years. He decided to 'sneak' the minimum 9 drops of this Formula into his dying hospice patient's orange juice. This man was

slumped over, and was puking up the one meal a day he was trying to ingest.”

“Within 3 days, my friend noticed that his paralyzed right hand began to move.”

“Then, after two weeks, he went from barfing-up his one meal, to eating three hearty meals a day. And then he started eating in-between-meal snacks. And now, two months later, he got up and took his first 5 steps all by himself. He may be on his way back to life.”

Imagine what could happen in someone dear to you. A miracle.

The Gene Repair Formula has great power. You never know what big disease it will stop—because it affects genes.

Again, this is not a program in itself. But it does help with many serious diseases and drastic conditions. I have heard from readers on it.

This is a great start to get you results fast. And yes, you can see improvements—noticeable ones.

Some readers have noticed increasing improvements or new benefits as weeks go by.

The formula can be a great leap upward into the power of plant chemicals used correctly.

With this simple Gene Repair Formula, the science is solid. There are many reasons why this plant chemical formula can really help you.

What I give you works.

In coming emails, I'll be explaining much more modern science that can help your serious genetic diseases. There is a lot to teach you about many different plants and plant chemicals.

This is just a beginning, for people who *love* learning like ducks love water.

In my files are a hidden universe of information that's unknown to those, like you, who are hungry for help.

I understand that most of you are new to me. So before I leave you today, I'd like you to know what some in the medical profession think of me, particularly nurses.

Why registered nurses love this work.

We have lots of nurses who follow my writings. Why?

It's because nurses are on the front-lines of suffering. No-one stands between them and the pain of the patient. Because of that, nurses can be more open-minded to what their patient really needs. And that's why so many of them have turned to me, for answers they can't find in the hospital pill pantry—or from a natural supplement either. Like this natural nurse...

She is E.R. Nurse Marilyn K. She has 27 years experience in the med-surgical unit, the I.C.U., and the cardiac care unit.

She's become a huge believer, because of what she's seen with her own eyes.

She said, "Why on earth would I choose these natural methods when I can have the security and convenience of my co-workers in a medical facility? Because there's nothing more miserable than watching people lay there, with ten tubes coming out of them, on a respirator, dying of disease, and no-one can help them. Yet these methods work."

"I always wanted to see people get well. I'm a person of action. I like to see results." She uses simple methods I taught her, to turn around patients with advanced cases of cancer, late-stage cardiac degeneration, and severe diabetes. It might surprise you, but...

We have many other registered nurses using my information, just like lay people do.

Another registered nurse, named Marilyn S., wrote, "I am a support person for someone who has throat cancer and is about to start this plant chemical program. I am suffering a 'crisis of faith,' as I have seen the medical model reduce caring and treating the patient...to

a matter of time and money. This information is exactly what I was searching for.”

And nurse Eleanore P. said, “I am a retired RN and I think your information is an amazing gift you have made available to mankind!!!”

I love my nurse readers. I give them the healing tools to be the heroes all nurses are. May God bless those who choose this calling. They are Angels of Life. Now, go ahead and be an Angel to those you love.

What I’d like you to do this coming week.

Start getting the ingredients today.

Get going and make a small batch. If you are missing an ingredient, that’s okay. Do the best that’s possible. The worst thing you can do is to not start. Your genes need help. Don’t make them wait.

For now, let me know what happens with the Gene Repair Formula. Tell me by the email link below.

What changes did you feel or see that never happened before?

In cancer? In heart failure?

In a nervous system degeneration?

To be the biggest blessing to you, I need to know what’s going on. You can reach me at: readers@sambiser.com

Your friend,

Samuel K Biser

Genetic Journalist

This report is only an introduction. If you want a free ongoing education in how to create health miracles that others cannot, you need to be on our email list at www.sambiser.com

If you have received this report from a friend, please know: this is an introduction only. If you are seriously-ill (or in risk of that)...

you need so much more. It takes more than a great diet to stop runaway health conditions that can wreck you or kill you. It takes specific knowldge, knowledge that is not ‘out there.’

To get the free education that can save your life, when little else can, get on our email list from our home page at www.sambiser.com. Your privacy is sacred to us. Your email will never be given to anyone under any conditions. It is private forever.

If you do not join our list, you will be losing out—and missing out—on discovery after new life-giving discovery that can keep you or a loved on here on earth—after top natural healing methods fail.

